



How to instructions

How to use a denture, retainer or appliance cleansing tablet



This article explains how to use cleaning tablets for dentures, retainers and night guards.

- Dirty dentures and mouth guards collect germs and fungus.
- Tablets help kill germs. They do **not** replace brushing.
- Use them 1 or 2 times a week.

Steps

1. Brush the denture first with a denture brush and soap, gel or cleaning paste.
2. Put it in the basket of a plastic denture container.
3. Add water and 1 cleaning tablet. Close the lid.
4. Soak for the time on the packet. This is usually about 15 minutes.
5. Rinse the denture before putting it back in the mouth.

6. If not wearing it, dry it before storing.

For hard build-up, soak in white vinegar for 10 minutes, or use Dental Fresh cleaning gel.

Safety

Tablets can look like mints or antacids. They are harmful if swallowed. In a care home, keep them in the resident's room or in a locked cupboard in the medicines room.